



## **Legends COVID-19 Return to Training Plan**

### **DISCLAIMER**

Due to the impact a positive COVID-19 would have on the training environment, it is important for all members, staff, and volunteers of the St. John's Legends Swim Club to strictly adhere to the prevention measures mentioned in this document, the Swimming Canada Return to Swimming Resource, and current public health regulations. This is a living document and the most recent version will be maintained on the St. John's Legends Swim Club website. Please reference that version as the official version.

The St. John's Legends have prepared this document based on the latest information available to date from third party resources including those from The Works, Swimming Canada (SNC), Swimming Newfoundland and Labrador (SNL), Workplace NL, and The Government of Newfoundland and Labrador (Gov. NL).

Aside from the potential health impacts of COVID-19 transmission the impacts of failing to adhere to these measures could result in the suspension of all training for the Legends for a period no less than two weeks as well as the potential impact of our facility partners, including but not limited to; cancellation of our training time to closure of the facility for a period of time to be determined by public health.

It is an individual's responsibility for assessing their personal risks in consultation with their medical professionals. The goal of this document is to provide guidance to members and not to provide permission to return to swimming, it is a resource to be consulted in conjunction with your family physician, our stakeholders, and under the umbrella of public health regulations.

## ST. JOHN'S LEGENDS SWIM CLUB

17 Westerland Rd, St. John's, NL  
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### HEALTH MONITORING

On each day of training, prior to entering the training environment, each athlete, coach, and staff member must consciously review and answer **"No"** to each of the following questions before they are able to participate in training with the St. John's Legends Swim Club.

1. Do I have any symptoms?
  - Cough
  - Shortness of breath
  - Chest pain
  - Difficulty breathing
  - Fever
  - Chills
  - Repeated shaking with chills
  - Abnormal muscle pain
  - Headache
  - Sore throat
  - Painful swallowing
  - Runny nose
  - New loss of smell and/or taste, gastrointestinal illness?
2. Have you (or someone in your household) been in contact with or cared for someone with COVID-19?
3. Have you (or someone in your household) returned from a trip from outside the island of Newfoundland within the last 14 days?
4. Have you (or someone in your household) been told by public health that you may have been exposed to COVID-19?
5. Have you (or someone in your household) had close contact, within the last 14 days, with anyone who is experiencing a respiratory illness or anyone with COVID-19 symptoms?

Stay home when sick, even if symptoms are mild!

(Swimming Canada, 2020)

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### Positive Testing

If any athlete or coach who tests positive for COVID-19, the following steps will be immediately be taken:

- The athlete is removed from the training group.
- The training group will be suspended, and all team members are placed into self-isolation.
- Public health measures will be followed as directed by the Chief Medical Officer or their proxy. This may include testing and contact tracing measures.
- Any other athlete or coach who develop symptoms will be referred to public health officials for appropriate guidance and follow-up.
- Training will resume if:
  - All training group members have completed 14-day self-isolation and no other member has developed symptoms.
  - All training group members are cleared to return to training by their physician in accordance with public health guidelines.

In the case of a positive test for COVID-19, in accordance public health guidelines, the member will be required to:

- Non-hospitalization case: "if symptoms are resolved 10 days following their onset (without fever-reducing medication), the individual is considered recovered. If the individual is still symptomatic after 10 days, isolation will continue for the full 14 days or until symptoms resolve, as instructed by Public Health."

OR

- Hospitalization case: "will require two negative swabs taken 24 hours apart, after resolution of symptoms, before they are released from isolation"

before that individual can return to the training environment. "In all cases, guidance is provided to those diagnosed with COVID-19 by public health officials to ensure patients are medically cleared to move out of self-isolation"

(Gov. NL, 2020).

In order to prevent the risk cross contamination coaches and athletes are to train only in their respective training groups, as per the guidance of the coaching staff.

Athletes and coaches at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their physician before attending practice. Common underlying conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are immune compromised.

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### PHASED RETURN TO TRAINING PLAN

#### Phase 1 (limit 1 swimmer per lane)

- As per the Swimming Canada COVID-19 return to swimming resource document we will begin with priority swimmers identified under the Priority Group's provided by SNC.
- We will start with our Olympic Trials Qualifiers, Senior National Qualifiers, and Carded Athletes.
- All swimmers will be required to wear a mask or shield in the building until they are ready to get in the water and after they get out of the water.
- During Phase 1 this group will swim once per day: Schedule TDB
- The Coaching staff will evaluate the Return to Training after 2 weeks and make necessary changes prior to moving to Phase 2.

#### Phase 2 (limit 2 swimmer per lane)

- After 3 full weeks at Phase 1
- As per the Swimming Canada COVID-19 return to swimming resource document we will begin with priority swimmers identified under the Priority Group's provided by SNC.
- We will expand training by adding a group of Eastern Canadian qualifiers under priority 5 of SNC Priority Grouping.
- All swimmers will be required to wear a mask or shield in the building until they are ready to get in the water and after they get out of the water.
- During Phase 1 the swimmers from Phase 1 may expand to two training sessions per day: Schedule TDB
- During Phase 2 these swimmers will swim once per day: Schedule TDB

#### Phase 3

- Phase 3 timeline to be determined upon an Alert Level 2 and under situation and the successful implementation of Phase 2.

Details for Phase 3 and beyond will be developed and shared in future versions of this document as successful execution of Phases 1-2 are completed.

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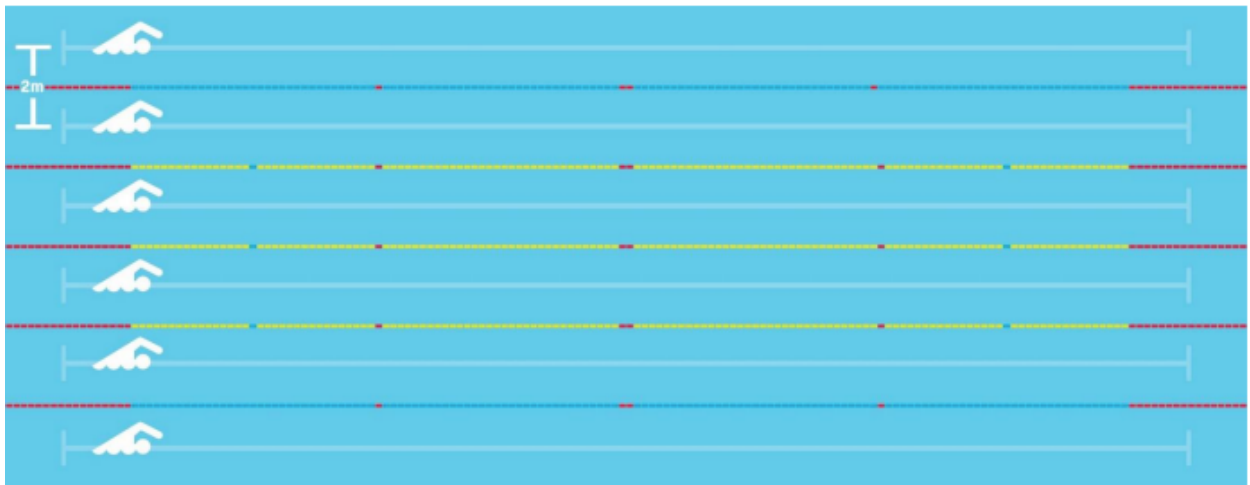
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### IN TRAINING

As we return to training environment the following procedures must be adhered.

#### Pool

- Upon arrival and until they depart, all members are expected to maintain social distancing measures as per public health requirements.
- Swimmers must arrive and depart the facility with their training suits on to eliminate the use of changeroom facilities. (note: bathroom facilities will be available)
- SJL Members must wear a mask as they transit the facility up until the moment prior to entering the water.
- A full cleansing shower must be conducted before entering the water. It is recommended this be done immediately upon entering the pool to minimize opportunity to interact with others by moving about the facility.
- Swimmers are to swim down the center of the lane in order to maximize distance from their fellow athletes.



- Please Review SNC's Return to Swimming Resource Document, Page 9 for further details.

#### Activation / Dryland

- All activation and dryland activities will be conducted outside of the pool environment.
- Since no change facilities are available, swimmers are to come prepared for dryland training in an outdoor setting. i.e. appropriate clothing, sunblock, shoes, etc.
- An activation is an important part of injury prevention and should be conducted on your own (OYO) unless a part of the training schedule.

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### Equipment

- Personal equipment can no longer be able to be stored at the facility.
- The facility may not be providing equipment such as flutter boards so all swimmers should fulfill their own equipment needs.
- If equipment was stored at the facility prior the COVID-19 shutdown, it should be thoroughly cleaned prior to use.

### COMPETITION

At this time competition is not sanctioned by SNC as the priority is to return to training. As such expectations around competition should be tempered as the reality is future competitions will take a drastically different form than in previous seasons until a vaccine is available. As the Newfoundland and Labrador Swim Coaches Association along with Swim NL is able to advise clubs on a competition scheduled an update will be provided. A safe return to training is imperative in order to return to competition.

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### REFERENCES

Swimming Canada (2020, May 29) *COVID-19 Return to Swimming Resource Document*. Retrieved from Swimming Canada, Return to Swimming Working Group website:  
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